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INVALIDS' HOTEL and SURGICAL INSTITUTE, No. 663 Main Street, Buffalo, New York.

A MODEL SANITARIUM AND SURGICAL INSTITUTE.

The Invalids' Hotel is not a Hospital, but a Pleasant Remedial Home, organized with

A FULL STAFF OF PHYSICIANS AND SURGEONS, FOR THE TREATMENT OF ALL CHRONIC DISEASES.

We have not the space to speak, individually, of the large number of professional gentlemen composing the Faculty of this old and world-famed Institution, but will say that among them are those whose long connection with the Invalids' Hotel and Surgical Institute has rendered them experts in their several specialties. Several of them had previously distinguished themselves in private practice, had held important professorships in Medical Colleges, and had filled responsible positions in both military and civil hospitals.

VISIT OUR SANITARIUM

If in need of remedial treatment for any form of chronic allment, whether requiring medical or surgical means for its relief. If you can not come, send us a full and complete history of your case, or write for one of our

question blanks. It is well also to send a sample of urine for our chemist's examination, for while, in many cases, no light may be thrown upon the nature of an ailment by such examination, yet, in diabetes, Bright's disease and some other affections, valuable knowledge is thereby gained for the sufferer's benefit.

We make no charge for consultation by mail.

Write and describe your symptoms, sign your name very platinly, giving also the name of your Post-office, County and State and our terms for treatment and all particulars will be sent you.

Address all letters to
INVALIDS' HOTEL, or
World's Dispensary Medical Association,
663 Main St., Buffalo, N. Y.

HAND BOOK

- OF -

COMMON SENSE MEDICAL ADVICE

By
VALENTINE MOTT PIERCE, M. D.

Giving directions and recipes for home treatment of disease. Compiled and arranged by Valentine Mott Pierce, M. D.

CNE, or Pimples on the Face. An inflammation of the sebaceous glands and surrounding tissues. The exciting cause is believed to be a microorganism. The causes may be many, such as puberty, digestive disturbances, constipation, menstrual irregularities, anemia, sedentary life, general debility and lack of muscular tone. Unless the constipation and indigestion are cured it is impossible to get rid of the pimples.

TREATMENT: Wash the face and neck with Dr. Pierce's Medicinal Soap or a good Castile soap. If using Dr. Pierce's Medicinal Soap, allow the soapsuds to dry on the face occasionally. If the bowels do not move freely once or twice each day, use a good laxative, such as is made up of May Apple, the leaves of Aloes, and root of Jalap. First extracted and put in a ready to use form by Dr. Pierce nearly fifty years ago, and sold by druggists as Dr. Pierce's Pleasant Pellets. If suffering from indigestion use a good stomach tonic, such as Dr. Pierce's Golden Medical Discovery, either in liquid or tablet form.

If the twenty-five feet of intestines are choked or clogged up, the blood becomes poisoned and we suffer from what is called Autointoxication, or from ptomain poisoning. We notice that we often have headaches, yellow coated tongue, bad taste in mouth, nausea or gas, acid dyspepsia, languor, debility, yellow skin or eyes. The water is strong and high colored, containing brick-dust deposits and bile pigment. At such times one should drink plenty of water between meals, a pint of hot water before breakfast, and occasionally take a dose of the Pleasant Pellets.

Acne, Rosacea, or Red Pimples. Caused by longstanding indigestion and constipation which has produced blood poisoning and the indigestion has caused excessive blood supply to the face. The same treatment as in Acne, above.

ABSCESS, or Bealing, results from inflammation, consists of the formation of matter or pus.

TREATMENT: Poultice with hot linseed meal or Antiphlogistine. Change the poultice every two hours, using them as hot as can be borne. Keep on poulticing until abscess breaks. When the skin becomes drawn and appears to be thin and is red at a point you can open the abscess with a needle. Wash and burn the needle before using, holding it over the flame of a candle for a second to purify. When the matter is all out apply tincture of iodine. Take two or three Pleasant Pellets each night at bedtime with a full tumbler of hot water, and keep up the treatment for a week or so.

ANEMIA, or Bloodlessness. In most cases the person is very pale, white or bloodless in appearance. The lips are often white. If the cause of anemia is due to indigestion or dyspepsia, a good stomach tonic is needed, such as Dr. Pierce's Golden Medical Discovery. If the stomach is in fair condition, but the man or woman feels that lack of snap and energy which rich, red blood should bring, the blood lacks tone, and the red blood corpuscles are lacking. Every red blooded person has within his body fifty grains of iron or as much as is contained in an ordinary tenpenny nail. To be active and energetic, one should have good, red blood. One can acquire strength and red blood corpuscles by taking an iron tonic, called "Irontic," composed of iron and herbal extracts, which can be obtained at almost any drug store or by mail by sending sixty cents to the Invalids' Hotel and Surgical Institute, in Buffalo, N. Y. After taking "Irontic" you will feel full of vim, vigor and vitality. As the blood feeds the nerves, if the blood is impoverished one feels nervous, sleepless, fidgety. The blood needs to be built up. When you are pale, anemic, nervous or tired, try an iron tonic, such as this "Irontic."

ARTERIO-SCLEROSIS, or Hardening of the Arteries. Arterio-Sclerosis is the process of growing old. It is a hardening of the arteries, and it is often said, "We are as old as our arteries." Very often the kidneys are at fault thru making poisons circulate in the arteries, and stimulating the muscular fibres in the arteries to close in upon their contents. This results in high blood-pressure, and the heart has to work harder and harder, until it gives out. When it affects the heart, physicians treat it with digitalis, rest, and relief of the dropsy. One should not eat much meat, nor over-eat. If the kidneys are to blame, "Anuric" is the best tonic for them. Most druggists keep "Anuric" in 60-cent vials.

APOPLEXY (Cerebral Hemorrhage). Apoplexy is one of the common results of chronic Bright's disease. This is the result of high blood pressure due to breaking of a small artery in the brain. It is usually fatal in time. Apoplexy is often known as shock or "a stroke." When the artery in the brain suddenly becomes useless or breaks, or becomes plugged, in this case it does not supply the brain with blood, and the trouble is located on the brain from its outward manifestations, such as inability to articulate in speech, the pulling of the face muscles or the eyelids, or paralysis to one of the limbs. The symptoms are sudden unconsciousness and paralysis (usually of half the body—"hemiplegia"). People often live for years after their first attack.

APHASIA means a loss of speech. The person knows what he wants to say but he cannot say it, even though his tongue is not paralyzed. This is a symptom of apoplexy, or stroke.

APPENDICITIS is probably due to a micro-organism called "streptococcus." The appendix is like the little finger of a glove and hangs off from the point where the small intestine joins the large. Appendicitis is commoner in young people, and more often in men than in women. Halfway between the navel and the right hip bone there will be tenderness and pain on pressing. This usually means that the appendix is inflamed. There is sometimes pain, vomiting, tenderness, rapid pulse, fever, changes in the blood.

People who cannot be operated on at once for acute appendicitis may get thru by starving themselves and rest in bed. Ice packs applied to the location of the pain will alleviate. The sufferer should have the attendance of a skillful physician.

ASTHMA, or Difficulty of Breathing. The cause of disease is stomach irritation

from indigestion and constipation, or may be due to over-abundance of uric acid stored up in the system, chronic bronchitis or heart disease. The same nerves which supply the stomach also go to the bronchial tubes, and irritation in the stomach spreads along the nerves to the lungs and produces bronchial contraction and spasms. Very often a predisposing cause is an accumulation of uric acid due to faulty kidneys and liver.

TREATMENT: No medicine in the world will cure asthma until all indigestion and constipation are relieved and the bowels cleaned of all toxic poisons. The kidneys should be excited into better action by taking "Anuric" (anti-uric). First take particular care that the bowels are clean, by taking eastor oil or a gentle laxative made up of leaves of aloes, May Apple and root of jalap, rolled into a tiny pellet and sugar coated, commonly found in all drug stores as Dr. Pierce's Pleasant Pellets. One should follow rules of diet, confining the food to such as is easily digested, and never overload the stomach. Take after each meal an alterative extract, such as Dr. Pierce's Golden Medical Discovery. To relieve the spasms, use ordinary niter, or saltpeter fumes will relieve. Dissolve five heaping tablespoonfuls of niter (soda nitrate) in a pint of boiling water and soak white blotting paper in this, allowing the paper to dry afterwards and cut up into small pieces, and burn a few pieces of this paper in a dish. The smoke or fumes should be inhaled when an attack of asthma is coming on.

ACKACHE. Pain in the back may be due to many causes. In women it is frequently due to disease of the womanly organs, leucorrhea, or a catarrhal condition of the womanly organs, and a woman should know all about herself and those troubles which are distinctly of a womanly nature, by reading the chapter on "Woman and Her Diseases" in the "Common Sense Medical Adviser," which can be had at most drug stores or by sending fifty one-cent stamps to the Invalids' Hotel and Surgical Institute, Buffalo, N. Y. Usually such troubles can be relieved by a course of treatment with Dr. Pierce's Favorite Prescription, and local treatment according to instructions, which will be given free by writing to the Faculty of the Invalids' Hotel. When there is great pain in the muscles of the back, with most men and some women it is usually caused by what is called lumbago, a cold which settles in the muscles of the back. If the trouble persists and returns with every change of the weather,

Dr. Pierce's Medicines are sold in all First-Class Drug Stores

it is generally called rheumatism. It is usually caused by a deposit of urate salt in the sheath of the muscles of the back. To understand this one must know that the two kidneys, each as large a mass as your fist, perform the duties of removing poisons from the blood from birth to old age. When the kidney cells do not remove the waste materials, uric acid in the form of urate salts is deposited almost anywhere in the muscles of the body and causes great pain, rheumatism or gout. For this condition Anuric Tablets should be taken. Most drug stores can supply Anuric Tablets at sixty cents a vial, or send that amount in stamps to the Invalids' Hotel and Surgical Institute, Buffalo, N. Y.

BILIOUSNESS, or Congestion of the Liver. If the liver is clogged and stopped up one suffers from frequent headaches, yellow tongue, nasty taste in the mouth, indigestion or pain, sometimes vomiting, diarrhea alternating with constipation. Usually the patient has a muddy or yellow complexion. For this, one should take a gentle laxative made of aloes, jalap and May apple, usually found at most drug stores, called Dr. Pierce's Pleasant Pellets. If the trouble is one of long standing, accompanied by dyspepsia, a good tonic alterative, such as Dr. Pierce's Golden Medical Discovery should be taken.

BLACKHEADS. The treatment should be the same as in Acne, page 1.

BLEEDING, or Hemorrhage. To stop the flow of blood in a severe cut, roll up a piece of clean cloth (or better, gauze, cheese cloth, or mosquito netting will do) into a hard lump and press into the cut. If no clean cloth such as cheese cloth or *gauze can be obtained, a clean piece of tissue paper will do. Over this put a larger fold of cotton and still other pieces until a thick compress is placed hard down upon the cut, and over this bind a bandage as tightly as possible—the pressure is important. After the bleeding has stopped dress the cut with tincture of iodine.

*Sterilized gauze should be in every household or factory.

BOILS. The cause is same as in Acne (see page 1). Very painful, tender, advance rapidly and finally burst and discharge bloody matter. The cause is an impure condition of the blood, which generally arises from imperfect action of the liver and kidneys. Often occurs with those who are run down—whose resistance is below par. The infection is often caused by bacteria from shaving brush, razor or shears, or clippers. One boil may

infect the adjoining skin and start another.

TREATMENT: Spirits of turpentine applied to the boil in its earliest stages will almost always cause it to disappear; but when suppuration has commenced each boil should be kept covered with a collodion dressing so that its discharge cannot possibly get on clothing or spread to skin. When it breaks, paint with tineture of iodine. Most boils heal without interference. Next, purify the blood to prevent subsequent returns to other parts of the body. For this purpose take Dr. Pierce's Golden Medical Discovery, an alterative tonic, which cleanses the blood. One or two Pleasant Pellets each day will aid in the cure. One should always take a good laxative like the Pleasant Pellets at least once a week. Internal cleanliness is as necessary as a clean skin.

BREATH — Fetid, or Bad Breath. Usually bad breath is due to indigestion, dyspepsia or to a blockade in the intestines. If the twenty-five feet of intestines is choked or clogged up, the blood becomes poisoned, and we suffer from what is called Autointoxication, often accompanied by headache or yellow-coated tongue, bad taste in mouth, nausea or gas, languor, debility, yellow skin or eyes. At such times one should take a good purgative, such as castor oil, salts or Dr. Pierce's Pleasant Pellets. Also use a good mouth wash, such as listerine, or wash the mouth out with peroxide of hydrogen and a little water. Clean the teeth thoroughly once a day with a good antiseptic tooth paste.

BRIGHT'S DISEASE. See kidneys, pages 8 and 9.

BRONCHIAL CATARRH, or Bronchitis. An inflammation of the lining membrane of the large bronchial tubes, situated just below the collar bone. The cough is incessant, for a day or two it will be dry and hard, after two or three days the cough will bring up frothy, slimy tissues from the lungs. There is considerable fever and a dragging soreness across upper part of the chest.

TREATMENT: Apply mustard poultices across the chest mornings and nights, keeping on only a few minutes, or ten minutes at the most. Keep on the chest a large, thick pad of cotton batting, or absorbent cotton, and hold in place with a wide bandage. Give a good laxative, such as castor oil or Dr. Pierce's Pleasant Pellets. The cough will be alleviated by occasional doses of Dr. Pierce's Golden Medical Discovery. Hot drinks, such as hot lemonade, linseed tea, barley water and a liquid diet are best.

A still better cough mixture is Dr. Pierce's Cough Remedy, made up principally of Wild Cherry Bark and other herbal extracts. This can be obtained at some drug stores, but should be on every family's medicine shelf, because it is a simple and harmless remedy for child or adult.

BRUISES, or Swellings. Immediately a bruise is received apply very cold water, ice water if possible, by cloths or packs. Keep on the cold applications for several hours. If you have Dr. Pierce's Extract of Smart-Weed in the house apply this after the cold water and it will subdue the inflammation.

BURNS and SCALDS. The best treatment is to cover the burn to protect it from the air. Apply Dr. Pierce's Mentha-Soothaline, and cover with a clean cloth. The ordinary household baking soda if covered over the burn or scald with a clean cloth and absorbent cotton over that, is a handy application. Dress every day. Bad burns or scalds over a large surface should be scientifically treated by a physician, with melted paraffin or "Ambine" as used in the war. In the European war "Ambine" is used for severe burns—the treatment is as follows: Surfaces are cleansed by gentle irrigation or by dragging over them wet cotton. When surface is absolutely dry the melted Ambine is painted or sprayed quickly over the surface, using as hot as patient can bear. Then a thin layer of cotton laid over and another coat of Ambine—then a thick pad of cotton and bandaged to applied daily.

ARBUNCLES. The same treatment as for boils. See page 3. CHAPPED SKIN—How to treat. The cure of chapped skin, hands or lips can be brought about by using Dr. Pierce's Mentha-Soothaline. This is a household application which should be always kept on hand. If your druggist does not keep it, send 60 cents to Laboratory, World's Dispensary, Buffalo, N. Y.

COLIC, or Severe Cramps. When gas collects in the large intestine and cannot move up or down, there follows a severe pain over the bowels. An enema should be taken with a syringe, warm water and soap. This will usually dislodge the gas and relieve. Bring about a natural action and dispel the poisons by taking Dr. Pierce's Pleasant Pellets or a dose of castor oil.

CORNS OR BUNIONS. Caused by tight shoes, or callouses, should be treated with Dr. Pierce's Corn Plasters. Correct Dr. Pierce's Medicines are sol

the misfitting shoes and bathe the feet frequently.

CONSTIPATION. That hideous and deathly demon of sickness—constipation, is an easy enough thing to cure if you will but persist in its proper treatment. Constipation is one of the commonest things in the world. It is really one of the most serious things.

The most common cause of constipation is irregular habits. There should be an established hour for evacuation, and it should never be put off. If delayed an hour or two, it may result in a whole day's delay. An occasional delay of this kind may bring on chronic constipation. The trouble with us nowadays is, that we do not lead natural lives. The men sit at their desks from morning until night—they have not the time to walk to business. The office man turns his desk into a dining-table, and "bolts" his food in ten minutes. The artisan often eats his lunch on the same bench where he works. Neither gets the out-of-door exercise he needs. Very few women get any out-of-door exercise. Very many get no exercise at all. Modes of dressing interfere with the proper muscular action and with the circulation of the blood. All hygienic

laws are broken.

Nature works as hard as she can, but there are some things that she cannot stand. If a man gets some foreign substance into his watch, he doesn't expect the watch to run until the impediment is removed. His own digestive system is a much more wonderful and delicate mechanism than that of his watch, and yet he neglects it and abuses it. He lets it get out of order, and refuses to help it. In the end his neglect roacts with terrible force upon himself. The reaction comes on gradually, however so that sometimes he scarcely suspects the cause.

Terrible Results.

Constipation is often thought to be a very little thing, yet when we say that over nine-tenths of all human sickness is due to this one thing, it begins to assume importance. When the sewage of a house is checked—when it backs up and sewer gas is generated—there is usually sickness in that house. It is the same with our body, which in the house we should be most careful of. When the course of the natural drainage tract in the human system is obstructed, decomposition generates poisonous gases and liquids—which are carried all through the system—causing more or less of the following derangements: Jaundice, Torpid Liver, Biliousness, Sallow Skin, Indigestion, Foul Breath, Coated Tongue, Loss of Appetite, Pimpless, Blotches, Hives, Eruptions, Bolls, Dizziness, Headache, Coldness of

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Feet and Hands, "Heartburn" or "Water Brash," Wind on Stomach (Flatulence), Belching Foul Gases, Disturbed Sleep, Nightmare, Drowsiness, Shortness of Breath, Cramps, Colic, Gnawing or Burning in Stomach, Great Mental Depression (Despondency), Poverty of Blood, Nervousness, Irritability, Neuralgia, Pain in Side, Backache, Piles, Irritable Bladder, High Colored Urine,

Besides being the direct cause of so many afflictions, it is also true that con-stipation is the indirect cause of many fevers and other dangerous diseases, because poisonous germs are not carried off; but remain to be taken into the circulation and the system. Neglect to heed the warning which occasional constipation gives, will result in chronic constipation, which is very difficult of cure.

How to Cure Constipation.

Occasional constipation is easily rectified by taking one or two of Dr. Pierce's Pleasant Pellets on first rising in the morning. Try one "Pellet" first, and if this does not bring the desired action, take two, then three—but one or two is usually sufficient. For chronic Constipation, we recommend a simple method of tion we recommend a simple method of cure which is successful in over ninetynine per cent. of all cases.

Hygienic Rules. First.—Rise from bed in the morning

at a regular fixed hour.

Second-Take a tumblerful of cold water (if suffering from indigestion take it hot) with one or two "Pleasant Pellets" immediately after getting up.
Third.—One-half hour later take

breakfast (including oatmeal or fruit, Graham bread or corn bread) always at the same fixed hour.

Fourth.—Daily make an attempt at defecation at the same hour—say half an hour after breakfast.

Fifth.—Drink plentifully of water during the day, and also in small quantity with the food taken—it may be in the form of milk, coffee, or tea—but in all cases the food should be well masticated. Do not make the mistake of washing down the food half-chewed.

Sixth.—Kneading the bowels with the hands, massage, or rolling a good sized rubber ball filled with shot over the bowels will also help the peristaltic action in meaning and the peristaltic ac-

tion in many cases.

Such a regular course of habits and treatment as above outlined, if persisted in, coupled with the judicious and some-what protracted use of Dr. Pierce's Please ant Pellets, will, in due time, correct this

Food and Drink.

The reason we recommend the plentiful

use of water is because in most cases of constipation the contents of the lower bowels become hard and dry—from absorption-so that the drinking of water will assist in moving them. As a rule people drink too little water. A great fault with the American people, who live most of their life at high pressure, is that they hurry their food down. More time should be given to meals,

and the food should be chewed thoroughly. Thus the food presents a greater surface for the solvent action of the digestive fluids. Unless an article of diet can be digested it is of no value, no matter how rich it may be in nutriment. A varied diet tempts the palate and stimulates discretion. Fruit and vargetables should not gestion. Fruit and vegetables should not be lacking for healthful living. They contain a large percentage of water-water helps to dissolve the food and assist the peristaltic action of the bowels. The foods which tend to overcome constipation are Graham bread, brown bread, mush, cracked wheat, oatmeal, cornbread pota-toes, green corn, tomatoes, fresh and dried fruits. Coffee has a slightly laxative influence, while tea is constipating.

Exercise Necessary.

Inactive life and sedentary occupations are most prolific causes of constipation, Active exercise helps to regulate the bowels, because the blood, the muscles and the whole system, get the necessary stimulation. The occupation of brain-workers causes an increased flow of blood to the head, drawing it from the extremities, and thus the circulation is deranged often causing congestion of the bowels. Girls at boarding schools, students, factory girls, seamstresses, milliners, employes in manufactories—all who sit and toil with exercise restricted to only a few sets of muscles, are often the victims of chronic constipation.

Common Sense Treatment.

What is required is a remedy which is mild and will not derange the system. Calomel (mercury) is still in common use among physicians, but it is a dangerous weapon to employ, and that is the reason that Dr. Pierce always used, in his extensive practice, a physic compounded of May apple, leaves of aloe, root of jalap made into a sugar coated pill and called Dr. Pierce's Pleasant Pellets—the product of many years' study and experience.

How to Take the "Pellets."

One "Pellet" is a mild laxative. give more noticeable results, and they may be continued until the system is thoroughly renovated, strengthened and put into harmony with Nature. One need not fear a "habit" of taking the "Pleasant Pellets"—you do not become a slave to their use, as with other pills.

best to take one "Pellet" on the morning of the first day; if that does not act, then two on the next day, and if this refuses to empty the bowels freely, take a still larger dose the morning following. As soon as possible, the daily dose should be gradually reduced until one "Pellet" is sufficient to bring a mild action, and then Nature will not take care of itself—without assistance. It is then possible to skip every other day, or perhaps two days, without the use of the medicine. Be patient with a trouble which has probably been coming on for a long time—with a chronic trouble the cure is never sudden or rapid. Above all, acquire regular daily habits; do not neglect to try and empty the bowels each morning at the same hour of the day. The only persons who are not always susceptible to this treatment, if persisted in for a reasonable length of time, are very old people who may always have to depend on laxatives in some form, because this regularity of habit was not acquired early enough in life; and, in such rare cases, no better agent can be employed than the "Pellets." For all others the use of Dr. Pierce's Pleasant Pellets, together with regular habits and exercise, are sure to bring permanent results, if their use is persisted in for a sufficient length of time, and the fore-going rules and rational course of treat-ment are faithfully carried out.

General Directions for using the "Pel-lets" will be found in the large 8-page

circular with which they are wrapped.

CONSUMPTION (Tuberculosis). See page 13.

COMPLEXION—Bad, Sallow, Blotchy. A good complexion depends upon the blood. Pure blood will usually show a good complexion. A faulty digestion, in digestion, dyspepsia, is the cause of a sallow complexion or nimply face, as well as constipation and autointoxication. Follow advice same as in constipation, and for the heartburn, indigestion, dyspepsia and general stomach trouble, take Dr. Pierce's Golden Medical Discovery, or alterative extract.

CONVULSIONS in Children. Place child in warm bath. Little else can be done—but no need for alarm. Consult

CUTS. It is not usually necessary to sew up a cut. If the cut is not sewed up at all the gash will fill up from the bottom and make a wider scar, but it is just as satisfactory in healing, altho a cut sewed up very promptly and skillfully leaves a smaller, narrower scar. Treat a cut to stop the bleeding as described under "Bleeding, or Hemorrhage," page 3.

EAFNESS. The middle ear, where most troubles arise, is often infected from the throat. The ear gets stopped up. Catarrh-EAFNESS. al deafness is the term used for disease of the ear which results from a cold or catarrhal inflammation filling up the eustachian tubes. Sometimes the deafness, buzzing in the ear or earache can be helped by removing the wax with soap and warm water injections. Do not drive the water into the ear with force, but gently. Drop into the ear two or three drops of warm glycerine or sweet oil, leave there for half an hour, and then syringe out. In case of tube closure, the patient is given a glass of water to drink. Just as he swallows, the doctor blows the air forcibly up the nostrils; the air goes into the eustachian tube and opens it up and relieves that wooden stopped up feeling that we often have from a cold, and lets air, which is very necessary, into the middle ear back of the drum. Or, sometimes the tube can be opened if one holds the mouth and nose closed with a handkerchief and blows hard, puffing out the cheeks and making the face red.

DIARRHEA. Most often this is the result of some infection or some food which has irritated the intestines. It is the beginning of many diseases, such as typhoid fever. The appearance of blood in the discharge is not always serious. The intestines can stand a great deal of inflammation and a body can bear a great deal of this trouble. The main thing is to put very little in the stomach. Rest, warmth and starvation is the main treatment, but all irritating material in the bowels should be removed by castor oil or Dr. Pierce's Pleasant Pellets. Drink plenty of water, hot water is best. To relieve the pain and check the drain, take Dr. Pierce's Extract of Smart-Weed, or Water Penyser. ter Pepper.

DIABETES ("wasting"—"sugar in urine"). We know not its cause—but the disease manifests itself by sugar in the urine. The symptoms are thirst, voracious hunger and notwithstanding great quantities of food eaten the victim continues to get thin. It is one of the frequent causes of death. A test of the urine tells the story. But fat, old, people or middle aged people often live for many years if proper care and treatment be taken. Write the faculty of the Invalids' Hotel and Surgical Institute in Buffalo, N. Y., for free advice and for a diet

DIPHTHERIA is one of the most contagious diseases—and of great mortality, if not recognized the first day. Early treatment by competent physician with diphtheria serum will usually cure. **DYSENTERY,** is the term generally used in cases where there is blood, but we can have blood in mild or in severe cases. Treat as in diarrheal attacks. (See page 6.)

DYSPEPSIA, Indigestion or Weak Digestion, is most often associated with constipation. Obstruction in the bowels disturbs the stomach and leads to the usual symptoms of dyspepsia and to womiting. Many chronic diseases of the kidneys produce dyspepsia. Many diseases of the blood, including all the anemias show themselves chiefly, as a rule, by stomach trouble and general weakness. The constipation should be treated with occasional doses of castor oil or Dr. Pierce's Pleasant Pellets. The sufferer should diet, and by writing the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., can receive free medical advice and a diet list, which should be followed. To correct most cases of dyspepsia, Dr. Pierce's Golden Medical Discovery will give tone to the blood, assist the assimilation of food in the stomach and correct the liver trouble. If kidney trouble is suspected, which produces dyspepsia sometimes, a sample of the water should be sent to the chemist of the Invalids' Hotel and Surgical Institute, to find out whether the kidneys are to blame. An analysis will be made free of charge, and if the kidneys are affected, in most cases Anurie Tablets, which can be obtained at most drug stores, will be of benefit. In case of chronic Bright's Disease, of course, little can be done.

DROPSY (due to kidneys—see page 8).

AR, Diseases of (See Deafness, page 6).

ECZEMA. Eczema is very often due to the eating of some article of food. Diet is advisable. Take Golden Medical Discovery for improving the condition of the stomach and blood.

EMERGENCIES. Send 50 cents for complete work, called the Common Sense Medical Adviser, or Book on Nursing at home or in war, which gives complete advice about First Aid, and how to treat accidents, bleeding, drowning and shock.

FEVERS. There are three long, steady fevers, namely, Typhoid, Tuberculosis and Sepsis (see page 13). A good nurse can do much by feeding a patient who does not want to take food. Good care of his mouth, by bathing him skillfully and frequently, by encouraging him, and by keeping the bed in proper condition so that bed-sores do not form. Read all about nursing in the Common Sense Medical Adviser.

FAINTING SPELLS are apt to occur in hysterical women, and Dr. Janet says, they are, in fact, a strange sort of forgetfulness. A woman who is a sufferer can get great benefit by taking long walks in the open air, and that dependable woman's tonic, Favorite Prescription, to be had in all drug stores in tablet or liquid form.

FITS. Nobody can stop a fit or cure it. Usually the person comes out of it without any damage.

ALL STONE COLIC. The pain is usually at the pit of the stomach, not over the liver. It is very severe and usually comes on in the night, waking the person from sleep. It may require morphine to be given with great care by a physician. The colic is apt to be followed by chills, fever, jaundice and vomiting. Biliary colic, or gall stones, causes so much pain that people often "double up." Operation is often necessary because stone may lead to more serious results. It is successfully accomplished at the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y.

GOITRE is a disease of the thyroid gland. Treatment with the X-ray will usually improve, and the person gets better; as a last resort—operation. Successful results have been obtained by the use of the X-ray at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., in many cases of goitre.

GOUT is a rare disease in America. It usually attacks the big toe with furious pain in the night, easing up the next day. Treat with "Anuric," which can be obtained at most drug stores, taking about four tablets before going to bed, and two after meals.

related to Asthma (see page 2). Some people get it from feathers, the pollen of flowers or weeds. It is very distressing but not dangerous. Change of climate and pure air will often prevent the paroxysm of short breath with wheezing and cough. It occurs most often in people whose systems are full of uric acid. Therefore the best way is to take Pleasant Pellets for the liver and "Anuric" (anti-uric) tablets to remove uric acid from the system. "Anuric" can be obtained at most drug stores or send 60 cents to Invalids' Hotel and Surgical Institute in Buffalo, N. Y.

HEART. Heart disease is the "champion man-killer" these days. Strange to say, in heart disease seldom does the patient experience pain. The pain in

the left side, over the heart, that everybody experiences at one time or another is due to gas caused by faulty digestion, constipation (see Dyspepsia, page 7), or neuralgia, page 10. The most common symptoms of heart disease are shortness of breath, due to poor circulation, and swelling of the legs (dropsy), because the heart, which is the circulatory pump of the body, does not circulate the blood from the extremities. Later a person is not able to lie down at night because he cannot breathe, and with it comes a cough. The sufferer should consult a good physician, or if possible, the Specialists at the Invalids' Hotel and Surgical Institute in Buffalo, N. Y.

HEMORRHAGE. (See page 3, under Bleeding.

HEMORRHOIDS, or Piles. Usually the result of constipation (see page 4). Treat the constipation and keep the piles within the body. Obtain at the drug store a box of Dr. Pierce's Pile Ointment and apply; or consult the Specialists of the Faculty of the Invalids' Hotel and Surgical Institute in Buffalo, N. Y. Such consultation is free, whether by mail or consulting the doctor in person. Send for free booklet.

HERNIA, or Rupture. It is due to a weak spot in the muscular wall, and gradually enlarges with age. In mid cases hernia can be held back with a truss. Usually a painless operation is the safest and only permanent relief. Send for free booklet, treating of Rupture, to the Faculty of the Invalids' Hotel and Surgical Institute, Buffalo, N. Y.

HIVES (Urticaria, or "Nettle-rash"). Due to a peculiar sensitiveness to certain substances, as in Hay Fever (page 7). We have known people to "break out" with Hives from eating strawberries, or lobsters, shell fish, eggs, buckwheat, rye, oatmeal. The same kind of food seldom affects two persons alike. It is called the idiosyncrasy of that person for a certain food. Over-heating or over-exertion in hot weather, coupled with over-eating, will sometimes cause hives. Remedy: Proper food; take a good physic, or laxative, such as easter oil or Dr. Pierce's Pleasant Pellets. To relieve the itching take alkaline baths or sponge with alcohol or vinegar.

"HOT-FLASHES." (See Menopause page 10).

HOOK-WORM. In southern states where frequently young or old walk bare foot, they often get "ground itch"—an irritation between the toes. Then the hook-worm gets thru the skin into the blood and poisons the body. Such per-

sons get anemic (see page 1). Take a dose of thymol, or write the Faculty of the Invalids' Hotel and Surgical Institute in Buffalo, N. Y., for free medical advice.

NFANTILE PARALYSIS (Spinat paralysis in children). A germ disease which begins with a fever and often with brain symptoms. Paralysis often affects one leg. Many recover without paralysis, but when that occurs the child seldom gets well.

INSOMNIA (Sleeplessness). Often due to worry, too great nervous strain, indigestion (see p. 7, under Dyspepsia). If bedroom is "stuffy" sleep outdoors. Get plenty of outdoor exercise. Avoid fear, anger, excitement. Read "Happiness," as found in Forethought minus Fearthought, by Horace Fletcher. The hardest work should be done in the morning. To prolong sleep after daylight place a black stocking over the eyes. Sometimes a cracker or milk or warm water at bedtime will help to induce sleep.

INVALIDISM in Women. Chronic invalidism in women following marriage, with dragging pain and fever, can often be relieved by treatment with a woman's tonic, such as Dr. Pierce's Favorite Prescription, and rest in bed. Consult the Faculty of the Invalids' Hotel in Buffalo, N. Y., and get free medical advice.

ITCH (Scabies). Due to a little beetle which burrows into the skin, usually between the fingers.

IVY POISON. Scrub the skin often with a pure soap, or Dr. Pierce's Medicinal Soap, when you are first poisoned, and then again and again. After each wash apply Dr. Pierce's Mentha-Soothaline.

AUNDICE is a yellow-staining of the eye and skin by bile in the blood and finally in the urine. It often occurs in fat, elderly women, and is due to gall stones (see page 7) in the cystic, hepatic, or common duct leading to the gall bladder. The treatment is surgery, and most successful operations are performed at the Invalids' Hotel and Surgical Institute in Buffalo, N. Y.

IDNEYS. Two kidneys, each as large a mass as your fist, perform the duties of removing poisons from the blood from birth to old age. Death results in a few hours if the kidney cells do not remove the waste materials and fail to perform their function. There are nu-

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merous symptoms of disease of the kidneys. In no case are all these symptoms felt at one time; a few are usually present in the average case. Often they disappear only to recur. Some of the symptoms are as follows: Dragging pain in the small of back and hips, pain in the ribs and belly, nervous breakdown, low spirits, worry; scantiness or suppression of the urine, which may contain blood, albumin or casts; weakness, headache, sleeplessness, shortness of breath, twitching of muscles; nervous excitement from poison in blood; pain in back of neek; paralysis, hemiplegia (paralysis of half the body), aphasia, loss of speech or inability to remember or speak certain words; foul breath; swelling of the limbs or under the eyes; redness of face; dropsy; anemia, thinness of the blood; urinary changes; dizziness; moderate backache; tenderness on deep pressure over the kidneys; loss of flesh and strength. Appetite poor. Renal colic; sharp pain in back and side. The patient is suddenly seized with pain of agonizing character, having its origin in lumbar region, front or back. Renal calculus may be present for years. The finding of a tender, fluctuating mass in the space between the last rib and the crest of the ilium (top of the hip bone). Gout, rheumatic pains or neuralgia, irritability, despondency, weakness and general misery.

matic pains or neuralgia, irritability, despondency, weakness and general misery. Persons suffering from any one of the symptoms given above should at once have their water thoroughly examined by chemical analysis, as such an analysis will usually tell what is the matter with the kidneys. Just as a test of the water is one of the most important tests that an examiner for life insurance will take, so it is important to every person to have a test made of the water once a year to find out if any danger lurks in the kidneys. Some physicians are very expert at these tests, and we advise every one to have this done either at home or send a bottle of his or her water, carefully packed, to the chemist of the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., where there is a special laboratory for this work conducted by an experienced chemist and assistants. At the same time write a letter, and state your symptoms, if any, and a careful examination will be made free of charge and a report made to you without cost.

BRIGHT'S DISEASE is the most frequent disease of kidney, and the most serious, often accompanied by swelling of the whole body (dropsy). Dropsy is removed by taking a purgative, such as Dr. Pierce's Pleasant Pellets, to draw water out of the tissues, also sweating as in a hot bath. Little can be done for

Bright's disease. Therefore everyone should be careful to prevent the disease by having the water, or urine, examined at least once a year. Most people do not drink enough pure water. If uric acid accumulates within the body, and they suffer from headache, pain here or there, too frequent urination especially at night, and water passes with a burning sensation—these and many other symptoms frequently mean that the kidneys are at fault, they need assistance, and the best tonic for the kidneys which will assist them to eliminate the waste and get rid of the poisons is a harmless but effective remedy, called "Anuric" (anti-uric), and first discovered and used by Dr. Pierce and his associate physicians at the Invalids' Hotel and Surgical Institute in Buffalo, N. Y. "Anuric" can isually be obtained at most drug stores, or by sending 60 cents to the Invalids' Hotel it can be readily obtained.

constipation. (See page 4.)

THE LIVER. (See page 4.)

under constipation.)

LUMBAGO and Stiff Neck

are sometimes the effect of catching cold,
and the cold settling in the muscles of
back or neck. Some persons are particularly prone to these troubles because
their systems are full of uric acid and
the urate salts are deposited in the
sheaths of the muscles in such places as
the back or the neck. Uric acid accumulates in over-abundance within the system because the kidneys and liver do not

AXAPIVES. Medicines used for

the urate salts are deposited in the sheaths of the muscles in such places as the back or the neck. Uric acid accumulates in over-abundance within the system because the kidneys and liver do not throw off this poison in sufficient quantities. The easiest way to get rid of this over-abundance of uric acid is to stimulate the kidneys into activity by taking "Anuric," which can be obtained at any drug store or by sending 60 cents to the Invalids' Hotel and Surgical Institute in Buffalo, N. Y. Occasionally one should take a laxative also, such as Dr. Pierce's Pleasant Pellets or castor oil. Taken in conjunction, the Pleasant Pellets and the "Anuric" will usually throw off the poisons which caused the backache or stiff neck.

ALARIA. Malaria, which is often ushered in with "chills and fever," is frequent in many places in United States, and the most important precaution which a healthy individual can take is to take small doses of quinine all the time. Malaria is carried by the mosquito, and introduced into the blood of the victim by the bite of a malarial mosquito. For those suffering from malaria, nothing is better than Dr. Pierce's Chill-Tonic tab-

lets. Send 60 cents to the Invalids' Hotel and Surgical Institute, Buffalo, N. Y.

MEASLES. Recognized by the spotted pimply rash, usually seen first on the chest. A common disease of children, which runs its course, and needs only good care and nursing. Treat with baths (see chapters on Nursing in the Common Sense Medical Adviser). Give the child water or cracked ice in mouth. Have good air in bedroom. Measles is sometimes followed by tuberculosis (consumption) because after this fever resistance is weakened and the child takes in the tubercle bacillus (germ) and it finds a fertile field.

MENOPAUSE. Women near the fiftieth year or earlier suffer from "hot fiashes," due to changes of circulation. There is no reason to fear at such times as the process is natural. Sometimes a woman's tonic is of great assistance, such as is composed of Lady's Slipper, Black and Blue Cohosh, Oregon grape root, and was made up in ready-to-use form nearly fifty years ago and sold as the "Favorite Prescription" of Dr. Pierce. It can now be obtained in tablets or liquid at most drug stores.

MENSTRUATION. Some women feel no depression and no need to take differerent care of themselves than ordinarily. Some have to go to bed for a day or more. The great majority of women do best by taking less exercise and doing less work on the first day. It is a false idea to keep too quiet and think of their pains. Anything to divert the mind at this time is better than giving up to the thoughts of sickness. Some girls, thru catching cold, or thru some functional disturbance, suffer great pain at monthly periods. Such girls should take a woman's tonic such as was prescribed by Dr. Pierce many years ago, and has since been sold in every drug store in the land. It is composed of the ingredients given in preceding paragraph, in tablet or liquid form.

ERVOUS SYSTEM, Diseases of the. Almost any one, if rundown, as a result of any disease of any organ, may be neurasthenic. Hard work seldom causes any nervous disease. It may be a person is rundown, feels poorly, is pale, anemic, usually because confined to house, workshop, office or store. He has not had good air to breathe, therefore the blood has not been charged with sufficient oxygen and the nerves have not been fed on good rich blood.

THE NEURASTHENIC TYPE means

weakness of the nerves. Very often, strange as it may seem, hard work will cure such cases. The hysteric type, also, is more often found in women. In either case the blood may require a tonic, inasmuch as the nerves are fed by the blood.

NEURITIS is generally due to alcohol or other poison. The alcohol circulating in the blood gets hold of the nerve fibers and degenerates them, so that we get weakness and paralysis, chiefly of the legs, often with pain and numbness and sometimes with swelling.

NEURALGIA. The difference between neuralgia and neuritis can be easily made thru electrical tests. Neuralgia has often been called "the cry of starved nerves for food." In this case the food must be good blood. When the blood gets thin, "watery," and the person is said to be anemic or bloodless, when for any reason the blood has deteriorated, he very often suffers from neuralgia, or pains at the nerve endings. There is inflammation of the sheaths of the nerves due to irritant poisons that should be thrown out.

Practice hygiene, see Part II, page 222, Common Sense Medical Adviser, and take a tonic for the blood in order to purify it and feed the nerves on good fresh, red blood. Such a tonic is made from Oregon grape root, blood root, stone root, cherrybark, scientifically put together by Dr. Pierce years ago and now sold by all druggists in tablets or liquid as "Golden Medical Discovery."

NOSEBLEED. When you have nosebleed, do not bend forward over a basin; that compresses the veins at the base of your neek and keeps more blood in the head. The person should lie down on his back. A certain amount of blood will go down into the stomach but that does not harm. Keep quiet. If bleeding persists the nose may be stopped up by pressure and gauze, stuffing gauze up the nostrils, putting it in place with a pencil.

VARIAN DISEASE. When a woman-has ovarian tumor the only cure is by operation. Such a tumor does not mean cancer, nor is there any serious danger to life when properly operated. Many tumors of this kind are successfully removed by the surgeon and specialist at the Invalids' Hotel and Surgical Institute, in Buffalo, N. Y.

ARESIS. This is very common, sometimes called "softening of the brain," due to syphilitic disease. In early stages, and sometimes later, it is greatly helped by injections of Salvarsan. If these cases

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could only be treated early, the injections of Salvarsan would abort the progress of the disease. Patients suffering from paresis in the early stages show a change in behavior and temperament. They become lazy and are no longer neat in their dress. They complain of being nervous, and want something for their nerves. They are unable to do ordinary addition or simple problems of arithmetic. Sooner or later, they become unconscious, falling or losing consciousness in the street with or without convulsions. Such persons later become suddenly great spenders, and believe they are rich, handsome or clever. Tests of the blood will prove whether the patient is paretic. The Wassermann test being the most used.

Specialists at the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., have found that unless this disease is treated early it goes on to a paralyzed condition, but they have had great success with injections of Salvarsan into the

spinal column.

PERIODS, MONTHLY. (See Menstruction, page 10.)

PILES (see Hemorrhoids, page 8).

PIN WORMS are about an inch long, very minute, thread-like creatures which settle down into the lowest part of the bowel, cause itching with local irritation, especially in children. These can be easily expelled by the use of enemas of fluid strained after three hours soaking of a teacupful of quassia chips in a pint of water. Afterwards grease external parts well.

PNEUMONIA. This is due to a germ and the disease runs for about ten days. A person needs good nursing and fresh air, and that is about all. Read about Nursing and Hygiene in the Common Sense Medical Adviser. Outdoor treatment in children is very helpful. In the case of a person who is accustomed to drinking alcohol, pneumonia is very serious, such a person being much more apt to die than the person who does not use alcoholic drinks.

PROSTATE GLAND, Enlargement of. This trouble stops the flow of urine or obstructs its flow, and is very common in elderly men. This swelling in the outlet of the urethra stretches and thickens the bladder, causes continuous pressure upon the kidneys, and the kidneys do not functionate. A sufferer has to make water day and night. Finally, the water has to be drawn with a catheter. A mild operation is successfully done at the Invalids' Hotel and Surgical Institute, Buffalo, by a specialist who treats many older men for this trouble every day.

The operation has been performed an enormous number of times with very general relief and uniform success.

UINSY sore-throat is a type of tonsilitis that produces an abscess. Nowadays, we believe in taking out the tonsils, when the person shows signs of trouble in the joints or when he has repeated attacks of tonsilitis.

HEUMATISM is usually due to a storing up of the uric acid in the system, and in consequence urate salts are deposited in the muscles or the joints; or, it is due to a germ, the streptococcus, which is introduced into the system, first, thrudisease of the tonsils, or tonsilitis. This germ (streptococcus) is carried by the blood to the joints, causing acute rheumatism, or to the heart or the brain. Thus many poisons that should be carried off by the kidneys or bowels accumulate and produce pain or soreness of the muscles.

In these conditions, first, effort should be made to remove the poisonous materials, and the bowels and the kidneys should be made more active. The bowels must be kept loose with the use of one or two of Dr. Pierce's Pellets with each meal for several days. For the kidneys, Anuric tablets should be taken with a glass of water after meals. In severe cases of pain we would recommend Anuric tablets in doses of two or three every two or three hours. Take plenty of water and fruit such as apples.

Diet has much to do with rheumatic conditions, and we advise patients who suffer from these maladies to live mainly on foods that do not contain substances likely to produce highly acid and acrid poisons in the blood. Get about in the open air as much as possible. Follow a diet list which can be obtained free, by writing the Faculty of the Invalids' Hotel and Surgical Institute, Buffalo N. Y. No charge whatever for consultation.

T. VITUS' DANCE, or Chorea, is a germ disease, due to the same streptococcus which produces rheumatism, tonsilitis in children. It usually occurs between five and eighteen years of age. The child makes restless motions of the hands, face or feet, is "fidgety." Should not be treated with medicines. The child should be taken out of school, and in severe cases kept quiet in bed. A child will usually outgrow the trouble.

SCARLET FEVER, MEASLES and CHICKEN-POX are children's diseases which break out with a rash on the skin. In the case of scarlet fever there is sore throat, as well as a red rash. The rash, which is accompanied by the fever, after a little while becomes a continuous red a fittle while becomes a continuous rea flush, not spotted, like measles. Then the child begins to peel, when the active stages of the fever are past. The most contagious time is the early stage of the disease. The "peeling" period is the least dangerous. Good nursing is the most important part of taking care of a child with scarlet fever. The most a doctor can do is to treat such complications as often follow the disease, such as kidney trouble, or ear trouble, or heart trouble.

SHINGLES is a disease that shows itself along the side of the chest with water blisters and sores, sometimes follows neuralgia, and is often met with in elderly people. Same treatment as in *neuralgia. (See page 10.)

SICK-HEADACHE, or "Migraine" is a painful affliction which is often ina painful ametion which is often inherited, and is apt to come about at particular periods. With women it is apt to come at the "period." It is apt to be on one side of the head. Sooner or later the sufferer is sick at the stomach, and is apt to vomit. Physic, glasses for eye strain, removal of bad teeth are helpful. Walking in the fresh air every day helps to prevent them. This trouble is more to prevent them. This trouble is more common to women than to men. It is sometimes relieved by using five or ten grains of asperin. A periodical sufferer should study hygiene, as given in the Common Sense Medical Adviser, should see that the lives and heavile. see that the liver and bowels are kept active with castor oil, or Dr. Pierce's Pleasant Pellets, or an occasional enema.

SKIN, Diseases of. The different diseases of the skin can only be recognized by a physician who makes them his par-ticular study, such as the specialist in skin diseases at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y. (For Eczema see page 7. Acne (or pimples) see page 1. Boils, see page 3.)

SPRAINS. For a severe sprain quick-ly apply cold water, or ice, or cold packs or hot packs. Then put the arm or the leg lengthwise on a pillow, fold the sides of the pillow over and pin them with safety pins across the top. All that any physician can do with a bad sprain is to have it examined with an X-ray for fracture, then give rest and support to

STIFF-NECK is usually due to catch-

ing cold. The urate salts are deposited in the muscles of the neck, and the same treatment as in lumbago p. 9, should be used. Get rid of the excess uric acid by flushing the kidneys. Take Anuric after meals. Drink plenty of water. And remove the poisons also, by taking a good laxative such as castor oil or Dr. Pierce's Pleasant Pellets.

STOMACH. Doubtless the cause of stomach complaint is weakness. Very few people ever have cancer or ulcer of the stomach. It is best not to use pepsins or remedies which are advertised to sins or remedies which are advertised to help digestion, inasmuch as resort to such artificial means does not help the stomach to take care of itself. Many diseases of the blood, including anemia, show themselves chiefly, as a rule, by stomach trouble and general weakness.

A good blood tonic that will give tone to the stomach, stimulate the liver into healthier action, is a prescription made up of blood root, stone root, Oregon grape root, made into tablets or liquid, and sold in every drug store as Dr. Pierce's Golden Medical Discovery.

SUN-STROKE. If a person has been working in the sun, and falls unconscious, and if his temperature is found to be 106 degrees or more, it is pretty certain to be sunstroke. The treatment is to bring the temperature down, or the body will burn up." The way to do that is to use ice. The patient should be stripped and rubbed with ice. If two people are at hand, they can work over the sufferer with blocks of ice—one at the upper part of the body, and the other the lower. Keep a cold towel or ice-bag on the head. When the temperature gets down to about 101, we stop the ice and the cooling process. The person usually recovers nicely within a few days, and has no permanent bad effects.

SYPHILIS. Syphilis can be made to disappear, but it takes long treatment to get rid of it. The physician depends upon the Wassermann test to tell whether the patient is afflicted with the disease or not. The Specialists at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., treat many persons with this disease. Injections of Salvarsan are given, but this must be done by a physician who takes great care, and who has had great experience in the treatment. The term "606" means the same thing as Salvarsan. To give Salvarsan, or "606," is a delicate process. It takes a good physician for a considerable time with skill to do it right. Salvarsan must be given from five to ten times, with intervals.

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APE-WORM. The patient usually discovers the worm in discharges from the bowels. The specialists of the Invalids' Hotel and Surgical Institute, Buffalo, gives medicine which is distasteful to the worm and it lets go of the intestine. Then a purge is given to drive it out. This may take 48 hours.

TUBERCULOSIS (Consumption). Whenever any one is suspected of having tuberculosis, or consumption, an X-ray test should be made. Tuberculosis of the lungs or of the bones is greatly benefited by sunshine and outdoor air. The patient should have rest, outdoor air, nourishing food and sunshine. It is not the heat of the sun, but something in its chemical action that kills the tubercle bacilli, and encourages sound tissue. If one can afford to move to mountain air, or dry air as Arizona, Colorado, New Mexico, he can often recover from the disease and live a long and useful life.

TONSILITIS, or inflammation of the little gland at the beginning of the throat, just back of the tongue, on each side. It is often the beginning of diseases of the heart, kidneys and the joints. Thus rheumatism or Bright's disease often starts with tonsilitis. A germ, called the streptococcus, gives the septic sore throat of tonsilitis. Then the same germ is carried by the blood from the throat to the joints, causing rheumatism, or to the heart or the kidneys. Resembles a very bad cold and very often weakens a person as much as an attack of pneumonia. Most physicians nowadays believe in taking out the tonsils, when a person has repeated attacks of tonsilitis. Spraying the tonsils or gargling gives temporary relief. The bowels should be kept open by castor oil or Dr. Pierce's Pleasant Pellets. The kidneys should be kept free by drinking plenty of hot water, and taking a couple of tablets of Anuric three times a day.

TYPHOID FEVER caused by germs in milk or water. The fever of typhoid patients runs a course of about four weeks. Most physicians send sample of blood to some state or city laboratory for the "Widal" test. Vaccination will prevent it. Good nursing is most important. Care of the mouth, bathing frequently, and keeping the patient in the best possible condition. The right kind of a nurse has saved many lives, and the chapters on Nursing in the Common Sense Medical Adviser, should be read to make oneself fit to look after such cases. Nine people out of ten get well if they receive the proper nursing.

neys, page 8.

THE URINE. A test of the urine with chemical and microscopical tests is something which all life insurance companies insist upon in their examination of the body before they will take the risk of insuring lives. It is very important to have the urine tested, at least once a year. A thorough test of the water will often prove whether the body is healthy or diseased. All the blood in the body goes thru the kidneys within a few minutes, so that the kidneys take out of the blood most of the waste substances or poisons. Those substances which the kidneys take out of the blood constitute urine. A test of the urine will

RINARY ORGANS. See Kid-

UTERUS. Displacement of the uterus, prolapse, fibroïd tumor. Read all about these in a little book, "Diseases of Women," sent free on request, at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y.

tell whether a person is a sufferer from

Bright's disease, diabetes or other

diseases and is very valuable.

ARICOCELE (Varicose Veins).

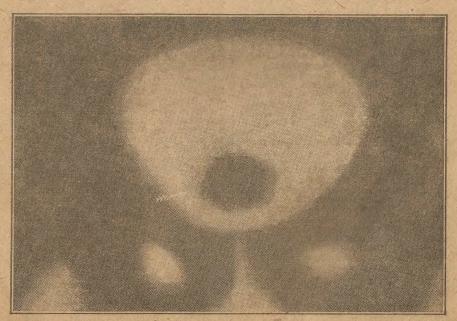
A varicocele is a sac in which distended veins are enveloped, these distended veins appear in the groin and near the testicle, causing more or less pain there, and often impotency. Specialists at the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., treat many thousands of such cases. Write to them for a free book, treating of varicocele, its causes and treatment.

VARICOSE VEINS. The veins inflame and stretch, become dilated, and very often cause a chronic ulcer, called "varicose ulcer." If these veins are cut out, another set takes up the blood, and a person has a better circulation than before. Some comfort can be derived from flannel bandages wound from below upward and by keeping the feet on a high pillow or higher place.

HOOPING COUGH is caused by a bacillus, or germ. Any one who has seen a few cases can easily distinguish it. The peculiar sound caused by inspiration ("breathing-in") after coughing is easily recognized. A child coughs and coughs and coughs until he is blue in the face, often vomits, and is relieved. In rare cases, children do not get any better until they are taken to the mountains or the seashore. Write for free advice and describe the case to The Faculty of The Invalids' Hotel in Buffalo, N. Y.

TREATED AT HOME

A Bureau of Correspondence constitutes a prominent feature of the Invalids' Hotel and Surgical Institute, through which many thousands of chronic invalids are annually treated without having to visit the institution for personal examination. If those suffering from chronic ailments will write and describe their symptoms, inclosing in their letters ten cents in stamps to pay postage, Treatises on their particular diseases will be sent by return post, with special question blanks designed to aid the afflicted in describing their maladies. When one of these question blanks is carefully filled out and returned to the Bureau of Correspondence, the Faculty will, after careful deliberation, prepare its opinion as to the nature and curability of the case described, and submit it to the patient; and if the case be one in which they are confident of being able to effect a cure by medicines specially prepared for home treatment, they will state the cost of the necessary remedies. If the case described be one requiring a surgical operation, or one which can in their opinion only be successfully treated at the Institution, where the patient can have the benefit of all the advantages, appliances and facilities which such a thoroughly equipped establishment affords, then terms for such treatment (including board) will be given. Patients are never advised to incur the extra expense of visiting the Institution when it is believed they can be cured at home without a personal examination.

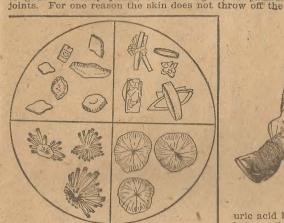


X-RAY PHOTOGRAPH OF A STONE IN THE BLADDER, TAKEN AT INVALIDS' HOTEL.

"My! My! How my feet and ankles swell and then at night my feet pain me. In the morning I can hardly get out of bed for the pain in my back or the back of my neck. My kidneys must be sick."

Prof. Alexander Hague, of London, has the most followers in the medical profession in the belief that the presence in the system of uric acid, in excess, is the real cause of rheumatism and gout.

Every one has recognized the difference in the appearance of their water as soon as it gets cold. There is often a copious sediment of brick dust. Several causes may lead up to an accumulation of uric acid in the system, which, in turn, causes rheumatism or gout or creaky joints, swollen fingers, or painful joints. For one reason the skin does not throw off the



URIO ACID CRYSTALS AS SEEN THROUGH A MICROSCOPE

Kidney Disease is the most frequent cause of rejection of seekers for life insurance. The first test of an examiner is to determine if the kidneys are healthy, because life is short when these ordans are diseased. these organs are diseased.

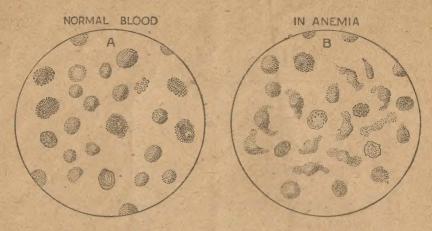


uric acid by a profuse sweating, as in the hot weather, and the kidneys are unable to take care of the double burden. People should drink plenty of hot water before meals, and obtain at their nearest drug store tablets of Anuric (anti-uric). This was the discovery of Dr. Pierce some years ago, and can now be had at almost any drug store in tablets.

Why Suffer with Backache, Kidneys or Rheumatism?

The Newest Discovery in Chemistry. A New Remedy for Kidney, Bladder and all Uric Acid Troubles

Dr. Eberle and Dr. Braithwaite as well as Dr. Simon—all distinguished authors-agree that whatever may be the disease, the urine seldom fails in furnishing us with a clue to the principles upon which it is to be treated, and accurate knowledge concerning the nature of disease can thus be obtained. If backache, scalding urine or frequent urination bother or distress you, or if uric acid in the blood has caused rheumatism, gout or sciatica, or you suspect kidney or bladder trouble just write Dr. Pierce's Faculty at the Surgical Institute, Buffalo, N. Y.; send a sample of urine and describe symptoms. You will receive free medical advice after Dr. Pierce's chemist has examined the urine -this will be carefully done without charge, and you will be under no obligation. Dr. Pierce, during many years of experimentation, has discovered a new remedy which is many times more potent than lithia in removing uric acid from the system. If you are suffering from backache or the pains of rheumatism, go to your best druggist and ask for "ANURIC" put up by Doctor Pierce, or send 60 cents by mail to him.



THE BLOOD

BY LEE HERBERT SMITH, M. D.

In the above drawing from the human blood in health (Fig. A) and in disease (Fig. B) we see how the blood changes, as seen through a microscope, when a person is thin-blooded as in anemia (Fig. B). During the long winter months most women are housed up in the home, office or factory, getting little good air or proper exercise. Therefore the following spring or summer they feel weak, nervous, look pale, or the skin breaks out in pimples, eruptions or boils; they feel "blue" and without energy. Sometimes hands are cold and "clammy." Women often are so pale they look almost green—often called "green sickness." At such times there is a large decrease in the red or white blood corpuscles and the blood cells instead of being round and healthy take on irregular shapes, as in Fig. B.

What's to be done in such cases? Put iron in your blood, and the cells become round and red; they lose the irregular shape and you gain in vim, vigor and vitality. By experiments and actual test, I have found that the best combination of iron with herbal extracts is to be found in an iron tonic, called "Irontic," and sold by most druggists in tablets—one hundred for sixty cents. You will find that instead of pale cheeks, feelings of lassitude, tired, worn out before day is half done, after taking "Irontic" your cheeks will have color, you will feel strong and vigorous, and "ready for the fray." Start now and you will be surprised how full of vim, vigor and vitality you will feel in a few short weeks.

Dr. Pierce's Purifying and Strengthening Lotion Tablets for Women

This wash is also astringent and tonic, or strengthening, in its effects upon the tissues of the parts to which it is applied.

For Sale by Most Druggists or send 3 dimes to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y.

Thoroughly Cleanse the Liver and Keep Well WHAT TO EAT!

(BY DOCTOR I. H. WATSON.)



The poisons in man are taken care of, if man will do his part. The liver and kidneys act as the sewage disposal plants which separate and throw off the poisonous accumulations, if given half a chance. But many of us should not eat meat more than once a day. Eat vegetables, and what may be called "roughage," to stimulate bowel action, such as baked potato with the hard skin. Graham, rve or whole wheat bread, onions, turnips, carrots, even the much slandered cabbage. and sauerkraut. Stimulate the liver into a thorough housecleaning at least once a week, by tak-

ing a purely vegetable laxative, made up and extracted from Mayapple, leaves of aloe, root of jalap, into a Pleasant Pellet, first made by Doctor Pierce nearly fifty years ago and sold for twenty-five cents by almost every druggist. To keep the kidneys clean, drink plenty of water between meals; also, if you wish to escape half the ills which cause early deaths from kidney disease, affections of the heart, rheumatism and gout, drink a pint of hot water a half hour before meals. This with regular outdoor exercise, sensible food, and occasionally Anuric (double or triple strength) after meals for a few weeks at a time, and there is no reason why a man or woman should not live to be a hundred. This Anuric stimulates the kidneys, causing them to throw out the poisonous uric acid which causes us to have pains in the back, lumbago, rheumatism or gout.

Anuric always benefits and often cures the cause of kidney disease, as well as rheumatism and gout. Sold by druggists, or send 60 cents to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., or 10 cents for trial package.



Is a healing application for Piles, or Hemorrhoids, internal or external, blind or protruding. It stops itching almost instantly, allays inflammation and gives ease at once to the affected parts.

Sold at 60 cents by all medicine dealers, or sent by mail, post-paid, to any address in U.S.



Your Labor Counts
—every ounce of work
you do helps. This war
was fought as truly in
the household and in
the work-shop as it was
in the trenches.

It is the women of America—the mothers, wives, sisters and sweethearts of those at the front—who made real war sacrifices. It was their everlasting love, undying determination, their God-given patriotism, which carried the spirit of success to every man in our army and navy.

Some of our American women are borne down physically and mentally, by the weaknesses of their sex. They suffer from backache, dragging sensation, are very nervous and have pain in top of head. If they ask their neigh-

bors they will be told to take a Favorite Prescription of Dr. Pierce's which has been so well and favorably known for the past half century.

Weak women should try it now. Don't wait! Begin today. This woman's tonic and nervine will bring vim, vigor and vitality. Send Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., 10c for trial package of Favorite Prescription tablets.

An Army of Mercy is needed to take care of the sick and wounded. The nursing service requires the best that the womanhood of America can offer. There is always nursing in the home. The health of the American people must be protected, and the American woman should know how to nurse in the home and to defeat disease or accident at any and all times.

Every woman should study nursing, the care of wounded or sick, by obtaining a copy of a 500 page book, cloth-board cover, called "Nursing," by Lee H. Smith, M. D., containing chapters on first aid, bandaging, accident, hygiene, mother and babe, advice to



expectant mothers and midwives. A new up-to-date book just off the press.

Ask your druggist. If he does not have a copy, send 50c to the publishers,

Washington St., Buffalo, N. Y.

FIGHTING IN THE AIR!



It takes stamina, strength and courage to climb mountain peaks in face of the enemy and fight in the air. It takes good red blood to make a courageous and brave man. A "slacker" or a coward might have the best intentions in the world but with thin and watery blood he has no stamina or courage. At this time of the year it's well to clean house—to put your house in order by building up the body. You want to be redblooded enough to play your part. Many diseases of the blood show themselves, as a rule, chiefly by stomach trouble and general weakness.

For an invigorating tonic which will clarify the blood, put new life in the body, give sparkle to the eyes, and a wholesome skin, nothing does as well as an herbal extract made from Blood and Stone root, Oregon grape root and Wild cherry bark. This can be had in convenient, ready-to-use

form at all drug stores, in tablets at 60c the vial, and has been sold for the past fifty years as Dr. Pierce's Golden Medical Discovery. By reason of the nerves feeding on the blood, when the blood is pure the nerves feel the effect, and neuralgia or other nerve pains disappear because such pain is the cry of the starved nerves for food. Try the Medical Discovery Tablets now.

DR. PIERCE'S COMPOUND EXTRACT OF SMART-WEED

Is a Compound Extract of Smart-weed Herb, Extract of Jamaica Ginger, Wild Yam and Gurs Camphor Scientifically Combined.

Taken Internally for Diarrhea, Dysentery (Bloody-flux), Summer Complaint, Cholera Morbus, Cholera Infantum, Colic, Cramps and Pain in the Stomach; breaks up Colds, Febrile and Inflammatory Attacks, Rheumatism and Neuralgia.

Applied Externally for Sprains and Bruises, Frost-bites, Chilblains, Rheumatic Affections, Neuralgia, Pain in the Back, Soreness and Stiffness of Joints, Stings and Bites of Poisonous Insects and Reptiles, Caked Breast or "Ague in Breast," and enlarged Glands,—in short, is an excellent Liniment.

Price, Large Size, 60c. At All Drug Stores Sm. 7e. 30

AN INVITATION IS EXTENDED by Dr. Pierce to every sick or alling person to consult by letter. There is absolutely no charge or fee for this consultation. Every letter is carefully considered, fully answered, and its statements held as strictly private and sacredly confidential. Remove this blank from the book and mail to World's Dispensary Medical Association, 663 Main Street, Buffalo, N. Y. (V. M. Pierce, M. D., President), or, if you prefer, address—Lee H. Smith, 663 Main St., Buffalo.

STATEMENT OF CASE FOR FREE CONSULTATION
Date?Name?
Occupation? Post Office?
County? State or Province?
Express office? Age? Sex?
Weight? Are you married? Sleep well?
How many hours? Awake refreshed? Night sweats?
Any headache? What kind? When?
What part of the head? Does reading cause or increase headache?
Appetite good? Tongue coated? Digestion good?
Sour risings? Any distress or pain? Where?
When? Sharp or dull? How often do your bowels
move? Any piles? If so, are they external, internal,
blind, bleeding or itching?
Have you any swellings or tumors? If so, where are they located and how long
have you had them? Have you had rheumatism?
Were the joints affected? Have you ever had convulsions (fits) or
spasmodic affections of any kind?
Have you any eruptions, blotches, pimples, or sores, upon your skin?
Eyes and skin yellow? Pale? Palpitation of heart?
When? Feet and hands cold? Dizzy spells?
Any catarrh? If so, what is the character of discharge?
Any cough? Any expectoration? What kind?
Breathing difficult? Take cold easily? Ever have
attacks of bleeding from lungs? Fever or chills? When?
Sight good? Hearing? Kidneys act well?
Any bloating? Where? Back weak?
Describe color and appearance of urine on voiding?
After standing 12 hours in tight bottle? Any obstruction to flow?
Any scalding? Memory poor? Nervous?
Low spirits? Use stimulants?
Quantity? How soon after supper do
you retire? Labor hard, mentally or physically?
Have you ever written us about your disease?
What is your greatest trouble?
If necessary, could you come to the Invalids' Hotel for personal examination?
GENERAL REMARKS:

CHRONIC NASAL CATARRH

Is a disease so common, that hawking, blowing and expectorating meet us at every turn. Few diseases are less understood, or more unskilfully treated by physicians. Symptoms:—Frequent headache, lassitude, lack of ambition or energy; discharge falling into the throat, sometimes profuse, watery, acrid, thick and tenacious, mucous, purulent, offensive, etc.; in others a dryness; watery, weak or inflamed eyes; obstruction of nasal passages, ringing in ears, deafness, hawking and coughing to clear the head and throat, ulcerations, voice altered, offensive breath, impaired smell, taste and hearing, mental depression, indigestion, dyspepsia, enlarged tonsils and sometimes tickling cough.

All the above symptoms are common to the disease in some of its stages or complications. An old tried and true remedy for Catarrh in the head is Dr. Sage's Catarrh Remedy. It has been sold by medicine dealers with satisfaction for past 50 years—but if not obtainable, 60c to Dr. Pierce.

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